



Yoga4You.be

Cours ZOOM en direct & VIDEOS de qualité

7 profs, 16 cours/sem, 2 sem gratuites

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
8h -9h	Daniela -Yoga du Dos	8h - 8h45 Dominique - Yoga & Méditation Pleine Conscience		7h45-9h Sandrina - Yoga Kundalini	Daniela - Yoga Detox - Corps & Mental		
9h-10h			Daniela- Yoga Immunité			Emma- Yoga de Gasquet - Dos et Abdos	
10h-11h							
11h-12h						Jessica - Yoga du Matin	
12h15-13h15		Paulette - Lunch Break Yoga		Irene - Restorative yoga - Anglais	Paulette - Lunch Break Yoga		
14h-18h							
18h30-19h30	Paulette - Yoga Anti-Stress			Jessica - Yoga Flow			
19h30-20h30	19h-20h Jessica - Yoga Alignement	Emma - Yin Yoga	19h30-21h Sandrina – Yoga Sivananda				
20h-21h	20-21h Irene - Hatha yoga - Italien						